

10 HEALTHY HABITS FOR MENTAL FITNESS

It is important for all of us to prioritize the things we do well, not always on the opportunities for improvement.

<http://1944.fyi/HealthSafety>



1. SCHEDULE 'ME-TIME' DAILY.

Take your allotted breaks – THIS IS YOUR TIME. There's no need to check company emails or discuss performance issues with a supervisor.

Unplug and take in the sights and sounds you encounter.

2. ASK FOR AND OFFER HELP.

Seeking help is a sign of strength, not a weakness. There is no shame in asking for help whether on the job or in your personal life.

Your Local Union Rep could assist in directing you to some valued resources.

3. GET REGULAR PHYSICAL ACTIVITY.

Exercise has been shown to increase happiness, energy and protect memory and thinking skills.

4. VALUE YOURSELF.

Self-discipline is important, however, do not be too harsh on yourself. Know when to take a step back.

Treat yourself with kindness and respect, and avoid self-criticism.

5. REWARD YOURSELF.

Spend time with family and friends, go for a walk on a break, make time for your favorite hobbies.

6. DE-STRESS YOUR DIET.

Take care of your body by eating nutritious, drinking plenty of water and avoiding alcohol and drugs.

7. SET GOALS AND STAY ON TARGET WITH A JOURNAL.

Setting goals provides motivation and gives you a sense of personal satisfaction.

Positive reinforcement helps to create a desire for better life decisions.

8. PRACTICE RELAXATION TECHNIQUES AND GET ENOUGH SLEEP.

Quiet your mind: mindfulness and other relaxation exercises can improve your state of mind and outlook on life.

A good night sleep has been proven to reduce stress, improve your memory and put you in a better mood.

9. PLAY TO YOUR STRENGTHS.

Focus on the things that give you the most satisfaction, be self-aware and motivated to put the most into where it matters.

10. PRESS PAUSE ONCE IN A WHILE.

Down time is good. Leave your assets at work so you don't take your work home with you... You earned it!

Find your work/life balance.

CRAFT – Your safety and the safety of the public is paramount in comparison to any company metrics! Be aware of the posted speed limits, drive to the conditions and laws of the road. Slow down – you will get to that customer in due time – SAFELY!

CLERICAL – Bathroom Breaks: it's reasonable that you would require bathroom breaks. Even if they are not seen as an emergency, it's your right to go when you need to go! Micromanagement at work has been linked to higher levels of stress, low self-esteem and workplace burnout.